

Serial No. 10/023,977

This listing of claims will replace all prior versions and listings of claims in the application:

**Listing of Claims:**

1. (Previously Presented) A portable vertebrae decompression support device comprising
  - a pair of arm rests,
  - at least one base member having a top surface, bottom surface and sides with the bottom surface and sides being substantially devoid of any protrusions such that the base member is adapted to rest on a seat,
  - at least one first telescoping tubular support affixed to the base member and to one of the arm rests between a middle and a front end of the arm rest and closer to the front end than to the middle of the arm rest,
  - at least one second telescoping tubular support affixed to the base member and one of the arm rests between the middle and a rear end of the arm rest and closer to the rear end than to the middle of the arm rest,
  - said first and second telescoping tubular supports being adjustable for selectively adjusting the height of the arm rests with respect to the base member to any one of a plurality of preselected positions, and
  - whereby the arm rests are connected to each other via the first and second supports and the base member.
2. (Previously Presented) The device of claim 1 wherein the support device does not extend to a floor.
3. (Original) The device of claim 1 wherein the entire weight of the device does not exceed ten pounds.
4. (Previously Presented) The device of claim 1 wherein the arm rests are adjustable to be raised or lowered over a range of about 5 to 18 inches.
- 5 - 9. (Canceled).

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10. (Original) The device of claim 1 wherein straps are provided to restrict the movement of the arms, torso or the device.

11. (Previously Presented) The device of claim 1 wherein the seat is one of a chair seat, a bench seat, a car seat and a bed.

12. (Original) The device of claim 1 wherein the arm rests are padded.

13. (Canceled).

14. (Original) The device of claim 1 further comprising a back rest.

15. (Original) The device of claim 1 wherein the arm rests are crutch shaped.

16. (Canceled).

17. (Previously Presented) The device of claim 1 wherein the base has a non-skid type of material on the bottom surface.

18. (Previously Presented) A portable vertebrae decompression support device comprising

a pair of arm rests,

first and second base members each having a top surface, bottom surface and sides with the bottom surface being substantially devoid of any protrusions such that each base member is adapted to rest on a seat,

a first support affixed to the first base member and to a first arm rest,

a second support affixed to the second base member and to a second arm rest, the second support being affixed nearer a first end of the second arm rest than to the middle of the second arm rest,

said first and second supports being adjustable for selectively adjusting the height of the arm rests with respect to each respective base member, and

a first adjustable support adjustably connecting the first and second supports whereby the arm rests are connected to each other via the first adjustable support to vary the distance between the first and second supports and the first and second arm rests, and

a second adjustable support adjustably connecting the first and second supports whereby the arm rests are connected to each other via the adjustable supports to vary the distance between the first and second supports and the first and second arm rests.

19. (Previously Presented) The device of claim 18 further comprising a back rest.

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20. (Previously Presented) The device of claim 18 wherein the arm rests are crutch shaped.

21. (Previously Presented) The device of claim 18 wherein the base has a non-skid type of material on the bottom side.

22. (Previously Presented) The device of claim 18 wherein the arm rests are adjustable to be raised or lowered over a range of about 5 to 18 inches.

23. (Canceled).

24. (Previously Presented) The device of claim 1 wherein at least one of the first and second telescoping supports has a plurality of holes, each hole identifying one of the preselected positions.

25. (Previously Presented) The device of claim 24 further comprising a pin releasably biased to engage one of the holes and releasably retain one of the first and second telescoping supports at one of the preselected positions.

26. (Currently Amended) The device of claim 1 including a back support between the arm rests, the back support having ~~at least one pocket for insertion and removal of an attached~~ mesh area for comfort, the mesh area also being for holding a hot/cold pack container.

27. (Previously Presented) The device of claim 18 including a back support coupled to at least one of the adjustable supports, the back support having at least one pocket for insertion and removal of a hot/cold pack container.